

Effect of Counseling Using PRECEDE Model in Improving Quality of Sexual Life and Function among Diabetic Mellitus Women

Summary:

Background: Sexuality is an important aspect of women's life. Sexual dysfunction is one of the main problems among Diabetes Mellitus women. A quasi-experimental study aimed to study the effect of counseling using PRECEDE model in improving quality of sexual life and function among Diabetes Mellitus women.

Sample and Setting: A purposive sample of forty Diabetes Mellitus women attending outpatient clinic at Fayoum University Hospital, Egypt. Three tools were used: 1) Women structured interviewing questionnaire, 2) Sexual Quality of Life Questionnaire and 3) Female Sexual Function Index.

Results: The study showed an improvement in the total mean of sexual quality of life and female sexual function before, one and three months after counseling based on PRECEDE model with a statistically significant difference. Also there were positive correlation between scores of Female Sexual Function Index, Sexual Quality of Life Questionnaire and socio-demographic parameters of age, duration of marriage, and duration of diabetes at pre-intervention and one & three months post intervention.

Conclusion: The findings confirm the effectiveness of a counselling based on the PRECEDE model in terms of improving sexual quality of life and function among diabetic women. **Recommendations:** In the light of the previous results of the study the researchers recommend the following: sexual counseling based on PRECEDE model should be an integral part of the Diabetes Mellitus treatment and must be available in all Diabets Mellitus clinics to be guide the diabetic women.